

September Program Highlights

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

The Inside Scoop: Education & Ice Cream Hearing and Sinus Issues

Have questions about sinuses and hearing issues? Dr. Kirby Scott from Central ENT Consultants, PC will give a presentation followed by questions and answers.

Date: Tuesday, September 20

Sign-up by Thursday, September 15

Time: 5:30 p.m. Fried Chicken Dinner

6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

Lunch and Learn: Going Green

Learn about tools, incentives, and programs that help households adopt environmentally friendly practices. Become more aware of how energy is used in homes, and how energy use and utility bills can be reduced. Learn best practices for yard care, water conservation, and residential stormwater.

Date: Thursday, September 15

Sign-up by Thursday, Sept. 8

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Lunch with Nurse Steve

Bring your friends and enjoy a delicious lunch. Nurse Steve's talk will be "What can I do about allergies and irritants? A discussion on what causes allergies and irritations and ways to cope with them."

Date: Thursday, September 8

Sign-up by Thursday, Sept. 1

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Artful Creations

Create unique and fun art work! This month will be straw painting.

Date: Wednesday, September 14

Sign-up by Thursday, Sept. 8

Time: 1:00 p.m. **Cost:** Donation

Chinese Seniors: Community Gathering

Do you want to meet other Chinese older adults? The center will host a meet and greet your Chinese neighbors.

Date: Monday, September 26

Time: 1:00 p.m. **Cost:** Free

International Peace Day Luncheon

Peace Day is a date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. Sharing food together in celebration of friendship and common interest is a tradition as old as the human family.

Date: Wednesday, September 21

Sign-up by Tuesday, September 13

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Teens Teach Tech

Do you have tech questions? Drop in to learn some technology literacy skills from tech savvy teens. Topics covered may include tablets, smart phones and laptops. This is a joint program with the Urbana Regional Library.

Date: Tuesday, September 13

Time: 3:30 p.m. **Cost:** Free

Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required since we will be making reservations.

Date: Tuesday, September 6

Time: 5:00 p.m. **Cost:** Separate checks

Restaurant: China Garden (Frederick)

Exercise Classes

New sessions of Tai Chi and Line Dancing start this month. There is also exercise offered daily at 10:45 a.m. See the exercise flyer for information.

(see other side for calendar of activities)